

Dr. Disha Patel [BPT, MIAFT, CERTIFIED NDS PRACTITIONER]

Consultant Physiotherapist, Fitness Instructor

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WORK EXPERIENCE

Worked as a Consultant Physiotherapist at ICON multispeciality Hospital, Akola Maharashtra for 1 year and 8 Months.

Worked as a Clinical Physiotherapist at CARNEA Health Care Management, Bhandup Mumbai from March 2019 till December 2020.

Worked with K. S. Patil Hospital COVID Center, Akola, Maharashtra as a Consultant Physiotherapist for the treatment COVID-19 patients.

Currently working as a Freelancer Consultant Physiotherapist at K. S. Patil Hospital, Akola, Maharashtra.

OBJECTIVE:

Seeking an opportunity to excel my career as a Physiotherapist in a reputed hospital to learn new skills and to gain more knowledge for enhancing my personal growth and learning environment.

ACADEMICAL DETAILS:

Bachelors in Physiotherapy from MGM's Institute of Physiotherapy, Aurangabad affiliated to Medical University of Health Sciences (MUHS) , Nashik.

Higher Secondary from Shiv Jyoti Senior Secondary School (Rajasthan State Board) Kota, Rajasthan.

Secondary from Mount Carmel High School (Maharashtra State Board) Akola, Maharashtra.

PROJECT WORK:

- 1.** Evaluation of Lumbar Lordosis in Patients with Low Back Pain.
- 2.** Effect of Mulligan's Bent Leg Raise and Two Leg Rotation in individuals with Hamstring tightness- A comparative Study.

INTERNSHIP:

Completed 6 months of compulsory rotatory internship in the following departments of MGM's Medical College and Hospital, Aurangabad:

- Musculoskeletal Physiotherapy OPD/IPD- 6 weeks
- Neuroscience Physiotherapy OPD/IPD- 3 weeks
- Cardiopulmonary/ Cardiothoracic Surgery and Respiratory Care Unit- 6 weeks
- Community Based Rehabilitation/ Geriatrics- 3 weeks
- Dr. Hedgewar Hospital, Aurangabad- 4 weeks
- Swayamsiddha Organisation for Mentally retarded children- 3 weeks
- Autism Centre- 3 weeks

CONFERENCES AND WORKSHOPS:

- Certified Advanced Fitness and Gym Instructor Training.
- Certified Pre and Post Natal Fitness Instructor Training.
- Certified Aerobic Instructor Training.
- Certified Spinning Instructor Training.
- Certified Fitness Diet and Nutrition.
- Certified Diabetic Fitness Instructor Training.
- Certified Kids/Adolescent Fitness Instructor Training.
- Certified Primary and Advanced Pilates Instructor Training.
- Certified Yoga and Power Yoga Instructor Training.
- Certified NDS Practitioner (Neurodynamics Solutions).
- Attended 54th Annual Conferences of IAP, Shirdi- 2016.
- Hands on workshop Cognitive Rehabilitation Physiotherapy Perspective.

- Attended State Level Physiotherapy Conference at College of Physiotherapy, Ahmednagar, Maharashtra.
- Hands on workshop in EMG- NCV at College of Ahmednagar, Maharashtra.
- Hands on workshop on Taping Techniques in Akola, Maharashtra.

ABOUT ME:

- Polite and kind.
- Hard working.
- Sincere.
- Quick learner.
- Flexible and adaptable.
- Good verbal and written skills.
- Good command and patience over handling all kinds of patients.
- Good knowledge of clinical patients.
- Punctual and Disciplined.